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SLEEP AND REST DURING THE SUMMER MONTHS:

A radio talk prepared by M. Gertrude Hayes, County Extension Agent, University of Nevada, Reno, Nevada, and delivered by Miss Jean Stewart, Home Economist, Bureau of Home Economics, during the Farm and Home Hour, Wednesday, August 3, 1932, through Station KGO and nine other stations associated with the NBC-KGO network, Pacific Division, National Broadcasting Company.

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Summer brings many pleasures. Summer also brings problems -- especially to mothers. One of these problems is getting our children to sleep and rest during the warm weather.

The days have grown longer and of course much warmer. Daylight comes in the morning and stays longer in the evening. The child does not care to go to bed when he hears the other children playing out of doors. If he is put to bed he goes under protest and he does not sleep as he should. The afternoon nap is also a problem. The house is warm and the child has a hard time settling down to rest.

Again this is vacation time. We go visiting and we find that the regular living schedule is upset after we put the child to bed at irregular hours in strange beds. Therefore, we must make a number of adjustments during the summer months to be sure that the child gets the amount of sleep and rest necessary for his best growth and development.

People who have studied the problems of growing children give us some suggestions that may help us overcome these summer-time difficulties of children.

The authorities on the subject say that good sleeping habits should be started as soon as the baby is born. Regular times for sleep and rest should be established. Bed time should be made a pleasure and never a punishment.

Prepare the baby for bed by changing his clothes and giving him a sponge bath in luke warm water. For the nap period put on his night gown and take off his shoes. He will rest much better. Be sure that the sleeping garments are comfortable and do not restrict the movements of the body.

Before getting the baby ready for bed feed him and be sure he is not hungry or thirsty.

Select a well ventilated room for the child's bedroom and one that is away from noise if possible. Always put one window down from the top and have one up a few inches from the bottom. Teach the baby to sleep in a light room as the ventilation is much better, but do not form the habit of having artificial light in the room.

Of course, the baby should have a room of his own if possible, but by all means he must have a bed of his own. The first bed may be a clothes basket with straight sides, a dresser drawer, or a box. The bed must be stationary as a swinging motion during sleep is bad for the baby. Cradles are undesirable for this same reason. Select a mattress that is firm and smooth, one that is

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neither hard nor soft. The best mattress is made of hair or floss, but a folded blanket or quilt may be used. The feather pillow is undesirable as a mattress because it is soft and sags. The baby needs no pillow; it is best for him to sleep on a level surface as such a position improves his posture and makes for more complete rest.

Cover the mattress with a protector, a rubber sheet or oil cloth. Never put the pad next to the baby because it is very uncomfortable.

Be sure to make all preliminary preparations before you put the baby to bed. Tell him "good night" and do not go back to the room unless you are sure he needs some attention. Turn down the radio and avoid loud noises such as loud talking or doors banging. Teach the child that he is put to bed to rest and not to play. It is a bad practice to allow the child to take toys to bed, but if you do allow it do not let him take the same one each night. If you do and the toy is lost or he is away from home without it, he suffers a great deal of sorrow.

It is a very bad practice to rock the baby to sleep. First of all it is not good for the child and is a hard habit to break. Cuddle the baby and play with him during the day but when you put him to bed make him understand that he is to be quiet and rest.

If regular habits are to be established the baby must not be taken out at night. Moving him about disturbs his rest and breaks his good sleeping habits.

During the summer months and while on vacation observe all these rules for the well being of the child. Create the proper attitude toward sleep not only in the child but in the adults of the family. Put the child to bed at regular hours. Make him as comfortable as possible during the warm days. Put him to bed in a well ventilated room and try as nearly as possible to carry out your regular schedule. You will be well repaid for this extra care by your child's good health.

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